

Appendix S2: Methods for exams

All exams were conducted under Article prescribed by an Ordinance of the Ministry of Health, Labour and Welfare. (<http://www.mhlw.go.jp/bunya/shakaihoshho/iryouseido01/info02a.html>) (Accessed March 28, 2017. [Japanese]).

Waist circumference: Refer to linked URLs (video) for details (<http://www0.nih.go.jp/eiken/info/kokucho.html>) (Accessed March 28, 2017. [Japanese]).

Blood pressure of the seated participant was measured twice after at least 5 min rest.